



North Carolina Trails



A journey on the Blue Ridge Parkway offers motorists spectacular views of southern Appalachia's diverse beauty. The Parkway, for 469 uninterrupted miles, displays blue-misted mountains, cascading waterfalls, rolling pasture, and gorges banked with wildflowers. The Parkway offers hikers of all skill levels the opportunity to explore more than 100 varied and intriguing trails in North Carolina and Virginia.

Meandering alongside and crossing the scenic motor road, the trails provide a close-up look at some of the most beautiful wilderness in the country. Many trails wind their way through unique biological and geological environments. Others lead to historic sites with stories of how people have shaped our heritage.

Many Parkway trails continue onto Forest Service and private land. Please respect all these lands and treat them with care. A list of Blue Ridge Parkway hiking trails in North Carolina follows. Also included is important information designed to protect both the environment and the visitors who come to enjoy it.

We hope you have an enjoyable and safe trail experience.

IMPORTANT ADVICE

- Lock valuables in the trunk of your car or take them with you.
- Hiking shoes or boots are recommended for most trails, especially for the more strenuous ones. Steep and rocky areas and slippery stream crossings require extra attention and careful footing. Even for trails marked "easy," it is advisable to wear flat or rubber-soled shoes for comfort and good traction. Wearing sandals, "flip-flops," or high heels can result in accidents.
- Sudden changes in weather are common in these mountains. Even in mild seasons, rapid dips in temperature and unexpected thunderstorms frequently occur, and at higher elevations the wind and temperature can carry a surprising chill. Be prepared for weather changes by bringing along suitable clothing.
- For your safety and the protection of the resources, stay on established trails. Shortcutting at

switchbacks causes soil erosion, disfigures the trail, and makes it difficult for other hikers to find their way. Take advantage of log walkways, steps, or other trail construction. They are there to minimize human impact on the natural environment.

- Do not drink the water in streams or springs. Bacterial diseases can be contracted by drinking untreated "wild" waters.
- Lost and found articles should be reported to a Park Ranger.

REGULATIONS

- Parking is limited to designated parking areas or road shoulders. All four wheels must be off the pavement.
- Dogs and other pets must be on a leash or under physical restraint at all times while in the park. The territorial instinct of dogs can lead to fights with other dogs on the trail. Dogs also frighten hikers and chase wildlife.
- Deposit all litter in trash cans or recycling bins.
- Metal detectors are prohibited.
- Natural resources are protected by Federal law. Do not disturb animal and plant life in any way. Hunting, trapping, and carrying weapons are prohibited. Do not interfere with animals by feeding, touching, or frightening

them. Do not cut, deface or damage trees. Leave wildflowers and other vegetation in their natural condition for other hikers to enjoy.

- Historic resources are protected by Federal law. Do not damage, deface, or remove any of these structures, furnishings, or exhibits.



Help protect and preserve the Blue Ridge Parkway. Be alert for uncontrolled fire, safety hazards, accidents, and emergencies.

Please report such conditions by calling: 1-800-PARKWATCH

(1-800-727-5928)

For general parkway information call (828) 298-0398 or visit www.nps.gov/blri on the Internet.

North Carolina Trails

Milepost	Trail	Mileage*	Difficulty
217.5	Cumberland Knob Trail (<i>ideal lazy-day walk</i>)	0.5	Easy
217.5	Gully Creek Trail (<i>rewarding loop that meanders by stream</i>)	2.0	Strenuous
218.6	Fox Hunters Paradise Trail (<i>view</i>)	0.2	Easy
230.1	Little Glade Millpond (<i>easy loop stroll around pond</i>)	0.4	Easy
238.5	Cedar Ridge Trail (<i>great for day hike; vistas and forests</i>)	4.2	Moderate
238.5	Bluff Mountain Trail (<i>parallels Parkway to Milepost 244.7</i>)	7.5	Moderate
241.0	Fodder Stack Trail (<i>great variety of plants</i>)	1.0	Moderate
241.0	Bluff Ridge Trail (<i>primitive trail with steep slopes</i>)	2.8	Moderate
243.7	Grassy Gap Fire Road (<i>wide enough for side-by-side hiking</i>)	6.5	Moderate
243.7	Basin Creek Trail (<i>access from back-country campground</i>)	3.3	Moderate
244.7	Flat Rock Ridge Trail (<i>forest path with vistas</i>)	5.0	Moderate
260.3	Jumpingoff Rocks Trail (<i>forest path to vista</i>)	1.0	Easy
264.4	The Lump Trail (<i>to hilltop view</i>)	0.3	Easy
271.9	Cascades Trail (<i>self-guiding loop to view of falls</i>)	0.5	Moderate
272.5	Tompkins Knob Trail (<i>to Jesse Brown Cabin</i>)	0.6	Easy
294.0	Rich Mountain Carriage, Horse, & Hiking Trail	4.3	Moderate
294.0	Flat Top Mountain Carriage, Horse, & Hiking Trail	3.0	Moderate
294.0	Watkins Carriage, Horse, & Hiking Trail	3.3	Easy/Moderate
294.0	Black Bottom Carriage, Horse, & Hiking Trail	0.5	Easy
294.0	Bass Lake Carriage, Horse, & Hiking Trail	1.7	Easy
294.0	Deer Park Carriage, Horse, & Hiking Trail	0.8	Moderate
294.0	Maze Carriage, Horse, & Hiking Trail	2.3	Moderate
294.0	Duncan Carriage, Horse, & Hiking Trail	2.5	Moderate
294.0	Rock Creek Bridge Carriage, Horse, & Hiking Trail	1.0	Easy
294.1	Figure 8 Trail (<i>short self-guiding loop around nature trail</i>)	0.7	Easy
294.6	Trout Lake Hiking & Horse Trail (<i>loop</i>)	1.0	Easy
295.9	Green Knob Trail (<i>to Green Knob</i>)	2.3	Moderate/Strenuous
296.5	Boone Fork Trail (<i>stream, forest, and meadows</i>)	5.5	Moderate/Strenuous
297.0	Price Lake Loop Trail (<i>loop around Price Lake</i>)	2.7	Moderate
304.4	Linn Cove Viaduct Access Trail	0.16	Easy
305.2	Beacon Heights Trail (<i>10 minutes to view</i>)	0.2	Moderate
305.5	Tanawha Trail (<i>diverse features; parallels Parkway to Price Park</i>)	13.5	Moderate/Strenuous
308.2	Flat Rock Trail (<i>self-guiding loop</i>)	0.6	Easy
315.5	Camp Creek Trail (<i>leg stretcher through laurel and rhododendron</i>)	0.1	Easy
316.4	Linville Falls Trail (<i>view of upper falls</i>)	0.8	Moderate
316.4	Linville Gorge Trail (<i>view of lower falls</i>)	0.5	Strenuous
316.4	Duggers Creek Trail (<i>loop to view of Duggers Falls</i>)	0.25	Easy
316.5	Linville River Bridge Trail (<i>leg stretcher to view of unusual bridge</i>)	0.1	Easy
320.8	Chestoa View Trail (<i>30-minute loop to vista</i>)	0.6	Easy
339.5	Crabtree Falls Loop Trail (<i>loop to view of falls</i>)	2.5	Strenuous
344.1	Woods Mountain Trail (<i>USFS</i>)	2.0	Moderate
350.4	Lost Cove Ridge Trail (<i>USFS</i>)	0.6	Moderate
351.9	Deep Gap Trail (<i>USFS</i>)	0.2	Easy
355.0	Bald Knob Ridge Trail (<i>USFS</i>)	0.1	Easy
359.8	Big Butt Trail (<i>USFS</i>) (<i>trail continues on USFS lands</i>)	0.2	Strenuous
361.2	Glassmine Falls (<i>view of Falls</i>)	0.05	Moderate
364.2	Craggy Pinnacle Trail (<i>to panoramic view</i>)	0.7	Moderate
364.6	Craggy Gardens Trail (<i>first portion is self-guiding nature trail</i>)	0.8	Moderate
374.4	Rattlesnake Lodge Trail (<i>woodland walk</i>)	0.5	Moderate
382.0	Mountain-to-Sea Trail/MTS Trail (<i>Folk Art Center to Mt. Mitchell; spring wildflowers and views; parallels parkway; many accesses to trail segments</i>)		Moderate/Strenuous
393.7	Shut-In Trail/MTS Trail (<i>Bent Creek-Walnut Cove</i>)	3.1	Strenuous
396.4	Shut-In Trail/MTS Trail (<i>Walnut Cove-Sleepy Gap</i>)	1.7	Moderate
397.3	Grassy Knob Trail (<i>steep trail to USFS area</i>)	0.9	Strenuous
397.3	Shut-In Trail/MTS Trail (<i>Sleepy Gap-Chestnut Cove</i>)	0.7	Moderate
398.3	Shut-In Trail/MTS Trail (<i>Chestnut Cove-Bent Creek Gap</i>)	2.8	Strenuous
400.3	Shut-In Trail/MTS Trail (<i>Bent Creek Gap-Beaver Dam Gap</i>)	1.9	Moderate
401.7	Shut-In Trail/MTS Trail (<i>Beaver Dam Gap-Stoney Bald</i>)	0.9	Moderate
402.6	Shut-In Trail/MTS Trail (<i>Stoney Bald-Big Ridge</i>)	1.2	Strenuous
403.6	Shut-In Trail/MTS Trail (<i>Big Ridge-Mills River Valley</i>)	1.1	Moderate/Strenuous
404.5	Shut-In Trail/MTS Trail (<i>Mills River Valley-Elk Pasture Gap</i>)	1.2	Strenuous
405.5	Shut-In Trail/MTS Trail (<i>Elk Pasture Gap-Mt. Pisgah</i>)	1.7	Strenuous
407.6	Mt. Pisgah Trail (<i>summit View</i>)	1.3	Moderate/Strenuous
407.6	Buck Springs Trail (<i>Pisgah Lodge to view</i>)	1.06	Easy/Moderate
408.5	Frying Pan Mountain Trail	1.06	Moderate/Strenuous
417.0	East Fork Trail (<i>USFS, access to Shining Rock Trail System</i>)	0.1	Easy/Moderate
418.8	Graveyard Fields Loop Trail (<i>loop by a stream</i>)	2.3	Moderate
419.4	John Rock Trail (<i>leg stretcher to view</i>)	0.1	Easy
422.4	Devil's Courthouse Trail (<i>panoramic summit view</i>)	0.4	Moderate/Strenuous
427.6	Bear Pen Gap Trail (<i>access to Mountains-to-Sea Trail</i>)	0.2	Easy
431.0	Richland Balsam Trail (<i>self-guiding loop through spruce-fir forest</i>)	1.5	Moderate
433.8	Roy Taylor Overlook Trail (<i>paved trail to overlook</i>)	0.1	Easy
451.2	Waterrock Knob Trail (<i>summit view; .6 mile one way</i>)	1.2	Moderate/Strenuous

* Mileage indicates length of trail one-way unless otherwise noted.